

August 2, 2017

## CHECK OUT IFAPA'S TRAININGS

[VIEW OUR TRAINING SCHEDULE](#)

### Parenting the Willful Child

This class will focus on parenting strategies for children who are often seen as “difficult”. We will discuss the importance of moving away from trying to “break” their will and joining with them in a positive relationship. We’ll explore giving appropriate choices and avoiding power struggles. Parenting a willful child can be frustrating, but our goal is to try to work with the child’s strengths instead of against them. Approved for 3 Hours of Training Credit

**September 23 - Cedar Falls 9am-12:15 pm**

**October 7 - Ankeny 9am-12:15 pm**

### The Magic of the Healing Brain and Fostering a Secure Attachment

When a child has been removed from their home or has experienced a trauma we are told about the negative effects on the brain. Together we will explore activities that will work towards healing the traumatized brain and towards creating a healthy secure attachment. These activities will be taught and practiced. We will discuss how to modify these activities from infants through teenagers as it is never too late to intervene and try to change your relationship. Approved for 3 Hours of Foster Parent Credit

**September 23 - Cedar Falls 1:15- 4:30 p.m.**

**October 7 - Ankeny 1:15- 4:30 p.m.**

### Quirky Kids—Practical Strategies for Living with Young Children with Challenging Behaviors

Adopted children and children in foster care often come to us with significant behavioral problems. These may include Attention Deficit Hyperactivity Disorder, aggressive behaviors towards others and/or other mental health problems. Parenting children with these issues can be challenging. This session is designed to provide foster and adoptive parents with information about challenging behaviors in young children and to help parents develop more successful parenting strategies. Approved for 3 Hours of Foster Parent Credit

**August 26 - Ankeny 1:15 - 4:30 pm**

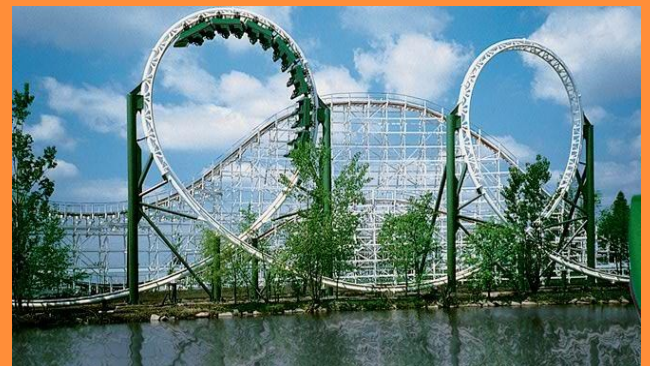


## IFAPA's Annual Foster and Adoptive Families Appreciation Day at Adventureland Park—Altoona Saturday, August 19, 2017

On Saturday, August 19th, IFAPA will be hosting our annual day of fun at Adventureland for foster, adoptive and kinship families. Tickets are available to purchase through IFAPA at discounted prices. You can find the order form on IFAPA's website: [www.ifapa.org](http://www.ifapa.org) or [click here to buy tickets online](#).

Payment Methods Accepted—Families can order their Adventureland tickets online and pay by credit card. If you plan to pay with a credit card, all ticket orders/payments must be completed through the link on IFAPA's website (no credit card orders will be accepted over the phone or in-person). Families who wish to order their tickets and pay with a check or money order, can mail in or drop off the registration / ticket order form with their payment.

**DEADLINE:** All ticket orders must be submitted no later than Monday, Aug. 14th.



## I Won't Do It and You Can't Make Me

This course will present a detailed description of Oppositional Defiant Disorder (ODD) and Conduct Disorder and will discuss other disorders that may “present” like ODD but, in fact, are quite different and therefore require different approaches. We will also discuss and practice effective methods of resolving conflict and working towards collaboration with oppositional children. Approved for 3 Hours of Foster Parent Credit

**Sept 30 - Council Bluffs 1:15 - 4:30 pm**

Register for an  
IFAPA Class  
To register for an  
upcoming class,  
[click here](#) or call  
515-289-4225

# Why Attachment Matters

Most of us are aware attachment is an important part of healthy development. Yet we may not know exactly **why** attachment is so important or understand how secure attachment occurs.

## SECURE ATTACHMENT

Attachment occurs when a child has a secure, consistent, reciprocal relationship with a preferred person--typically the child's primary caregiver. When the caregiver is sensitive to the child's needs and responds in ways that are warm, nurturing, and make the child feel safe, the child begins to use this person as a secure base from which to explore and, when necessary, as a haven of safety and comfort.

If a caregiver is consistently available, responsive, and nurturing, by the final months of the first year the child's attachment to that person is very likely to be "secure," meaning the child is confident the caregiver will always be available to help or save them.

Attachment matters. Although it's most obvious when we're young, its powerful influence is felt throughout our lives.

## BENEFITS OF A SECURE ATTACHMENT

Secure attachment has been linked to many positive child outcomes, including:

**Brain Development** - The brain grows rapidly during the first three years of life. Experiences shape how the brain grows. When it is stimulated in positive ways, the brain forms connections related to those experiences. For example, talking, singing, and reading to children help form brain pathways related to language.

Attachment affects brain development in two important ways. First, because the child feels safe and cared for, the brain can use its energy to develop pathways crucial for higher level thinking. Secure attachment is particularly related to the development of the frontal cortex, which is responsible for decision making, judgment, and reasoning.

Second, by providing a "home base" from which a child can safely explore the world, secure attachment allows

the child to have more varied experiences and therefore build more connections in the brain.

**Social & Emotional Development** - Attachment to a primary caregiver is the foundation of all future relationships. When there is a secure attachment, you learn how to trust others, how to respond emotionally, and how others will respond to you.

In addition, secure attachment leads to the development of empathy. If a child sees herself as worthwhile and deserving of care, she is also able to see others that way. Only when a child believes her own basic needs will be met can she attend to others' needs. The child works first to please her primary caretaker and over time extends her concerns to siblings, friends, classmates, community members, and, as her moral development continues, to people she has never met.

**Self-Regulation** - When caregivers respond to them, infants learn to manage their own feelings and behavior. When infants are overwhelmed, stress hormones are released in the brain. When caregivers respond with soothing behaviors, they help the child reduce these hormones.

Over time, the brain develops pathways that allow this soothing behavior to kick in during periods of stress. Eventually the child is able to calm themselves when they are angry or disappointed.

## TRAUMA AND ATTACHMENT

Inherent in the trauma of child abuse and neglect are experiences of fear, stress, and rejection by the very person who is supposed to protect and soothe the child. Because these emotional experiences are in direct conflict with the experiences that promote attachment, it follows that children with a history of maltreatment often have attachment problems.

Children with trauma histories may have a wide range of problems related to lack of secure attachment; these include developmental delays, difficulty with emotional regulation, impaired social relationships, aggression, low self-esteem, and depression.

**[VIEW SOME INDICATORS OF A SECURE ATTACHMENT](#)**